

Youth Mental Health First Aid Training

*Are you a parent of a teen
or an adult who works with teens?*

This FREE* training is designed to teach you how to help a teen who is experiencing a mental health or addiction challenge, or who is in crisis.

Friday, September 22nd

8:15 a.m.-5 p.m.

Bath Parks and Recreation
4 Sheridan Street, Bath, Maine

To learn more contact Elizabeth Munsey
at 373-6927 or emunsey@midcoasthealth.com

To register, visit
www.midcoasthealth.com/wellness/mental-health



MID COAST *Center for*
**Community Health
& Wellness**

